




**Fremont Multi-Service Senior Center**  
40086 Paseo Padre Parkway (at Lake Elizabeth)  
Fremont, CA 94538  
790-6600 • 494-4539 (T.T.Y.) •  
www.fremont.gov



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**Lunch: 12 noon (daily)**  
**Information Line: 790-6610 (Menu & Activities)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:15 Senior Fitness 9-12 B. P. Screening 9-3 Deaf Seniors-Com.C. <b>10:00 New Creative Writing</b> <b>11:00 Paratransit Info &amp; Reg (make an appt)</b> 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires <b>2:30 Grief Support Group</b> 3:00 Tai Chi(Beg) 4:00 (Adv)	<b>2</b> 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta <b>9:00 Cultural Council – Eritrea - Boathouse</b> 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	<b>3</b> 8:15 Senior Fitness <b>9-1 AARP Income Tax Aide</b> 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" band (\$4)	<b>4</b> <b>9:30-3 Washington on Wheels</b> <b>8:15-12 AARP Driver Safety Class (must register, fee)</b> 8:30 Walkers 9:00 Pinochle, Canasta 9:00 Card games 10:00 Bridge 12:30 Bay Strings Practice <b>1-4 AARP Income Tax Aide</b> 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Garden Club 3:00 Tai Chi
<b>7</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	<b>8</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:15 Senior Fitness 9-12 B. P. Screening <b>10:00 New Creative Writing</b> <b>10-1 AARP Income Tax-Aide</b> 10:30 Indo-Amer. Seniors <b>11:00 Paratransit Info &amp; Reg (make an appt)</b> <b>1:00 Karaoke - New</b> 12:45 Crafts 1:00 Bridge 1:45 Fremontaires <b>2:30 Grief Support Group</b> 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv)	<b>9</b> 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 1-5 Afghan Women 1:00 Pinochle & Canasta 1:00 Mah Jongg 1:30 NARFE Board Meet. at Boathouse 1:00 Afghan Women 7:00 Woodcarvers	<b>10</b> 8:15 Senior Fitness <b>9-1 AARP Income Tax Aide</b> 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch <b>12:00 Chinese New Year Lunch &amp; Celebration</b> 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	<b>11</b> <b>8:15-12 AARP Driver Safety Class (must register, fee)</b> 8:30 Walkers 9:00 Pinochle/Canasta 9:00 Card Games 10:00 Bridge <b>1-4 AARP Income Tax Aide</b> 1:00 Pinochle & Canasta <b>1:30 Birthday Party! Entertainment by Edna Gamba &amp; the Fremontaires</b> 1:30 Needlecrafts 3:00 Tai Chi
<b>14 Happy Valentines Day</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica 11:00 AARP Social Time 1:00 AARP Business Mtg <b>12:00 Valentines Day Lunch &amp; Celebration</b> 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles <b>1-4 Footcare-Tri-City</b> 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	<b>15</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9-3 Deaf Seniors-Com.C. 9:15 Senior Fitness <b>10:00 New Creative Writing</b> <b>10-1 AARP Income Tax-Aide</b> <b>11:00 Paratransit Info &amp; Reg (make an appt)</b> 12:45 Crafts <b>1:00 Karaoke - New</b> 1:00 Bridge 1:45 Fremontaires <b>2:30 Grief Support Group</b> 3:00 Tai Chi(Beg) 4:00 (Adv)	<b>16</b> 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	<b>17</b> 8:15 Senior Fitness <b>9-1 AARP Income Tax Aide</b> 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	<b>18</b> 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games <b>9:30 Sr. Commission Meeting</b> 10:00 Bridge 12:30 Bay Strings Practice <b>1-4 AARP Income Tax Aide</b> 1:00 Pinochle & Canasta 1:30 Needlecrafts 3:00 Tai Chi 3:30 Russian Club
<b>21</b>  President's Day Holiday  Senior Center Closed	<b>22</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9-12 B. P. Screening 9:15 Senior Fitness <b>10:00 New Creative Writing</b> <b>10-1 AARP Income Tax-Aide</b> 10:30 Indo Amer. Seniors 11:00 Builders Fund Board <b>11:00 Paratransit Info &amp; Reg (make an appt)</b> 12:45 Crafts <b>1:00 Karaoke - New</b> <b>1:00 Builders Fund Annual Meeting</b> 1:00 Bridge 1:45 Fremontaires 2:00 Visual Concerns Group <b>2:30 Grief Support Group</b> 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv)	<b>23</b> 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice <b>10:00 Legal Assist. for Seniors – new day</b> 10:00 Current Events 1:00 Social Security (appt) 1:00 Afghan Women 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers	<b>24 Jackson Casino Trip</b> 8:15 Senior Fitness <b>9-1 AARP Income Tax Aide</b> 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	<b>25</b> 8:30 Walkers 9:00 Pinochle/ Canasta/ Card Games 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE Business Meeting <b>1-4 AARP Income Tax Aide</b> 1:00 Pinochle/ Canasta 1:30 Needlecrafts 3:00 Tai Chi
<b>28</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 7-9 Parkinsons Support Group	<b>New Classes and Services in 2005:</b> <b>Creative Writing</b> at 10:00 am on Tuesdays <b>Grief Support Group</b> at 2:30 pm on Tuesdays at the Fremont Family Resource Center Mediterranean Room <b>Karaoke</b> at 1:00 pm on Tuesdays (except the first Tuesday of the month) <b>Footcare – Tri-City</b> , new day – second Monday of each month at 1:00 – 4:00 pm <b>Paratransit Information &amp; Registration</b> – appointments can be made for 11:00 am on Tuesdays, no longer drop-in service <b>Trip Meetings as scheduled</b> – no longer the 4 <sup>th</sup> Wednesday			